

Overweight and Unhealthy Dietary Behaviors Among Florida Public High School Students



Results from the 2013 Florida Youth Risk Behavior Survey

Fact Sheet 5

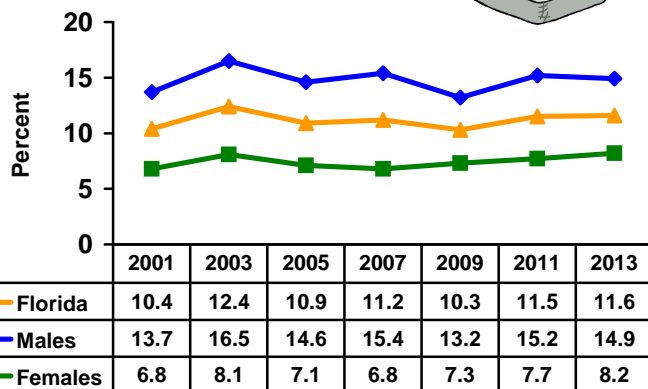
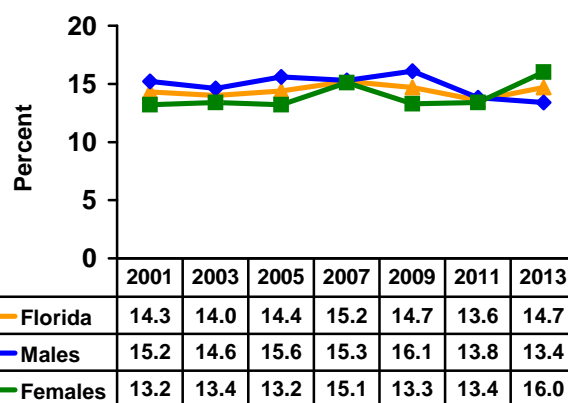
Introduction

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey which has been conducted in Florida public high schools every two years since 1991. It is part of a national survey effort led by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth in the United States. In 2013, a total of 6,089 students in 73 public high schools in Florida completed the YRBS. The overall response rate was 69%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students. The prevalence estimates and 95% confidence intervals (95% CI) were calculated using SAS 9.3. The difference in prevalence between two different populations or between two different years is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap.

Overweight*

In 2013, approximately 106,500 students (14.7%) were overweight. This prevalence did not change significantly from 2001 to 2013. The prevalence of overweight females increased significantly from 2011 to 2013.

* Body mass index (BMI) is greater than or equal to the 85th percentile and less than the 95th percentile in weight distribution among students having the same age and gender.



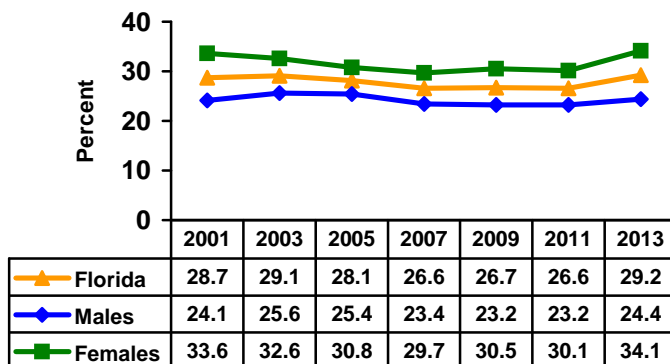
Obese*

In 2013, approximately 84,000 students (11.6%) were obese. This prevalence did not change significantly from 2001 to 2013. Males consistently were significantly more likely to be obese than females.

* Body mass index (BMI) is greater than or equal to the 95th percentile in weight distribution among students having the same age and gender.

Thought they were overweight

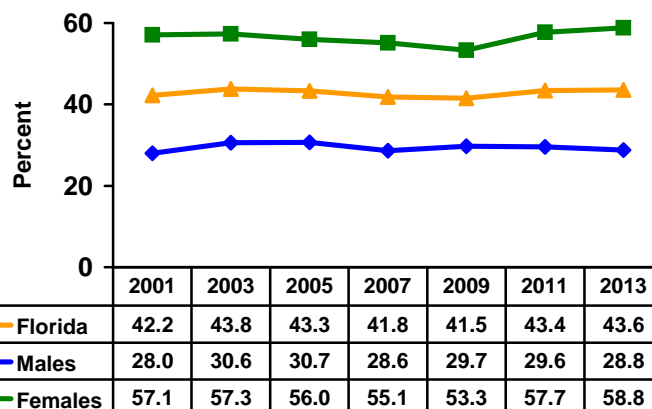
In 2013, approximately 230,153 students (29.2%) described their body as slightly or very overweight. This prevalence increased significantly from 2011 to 2013. Females were significantly more likely to believe they were overweight in all years except 2005.





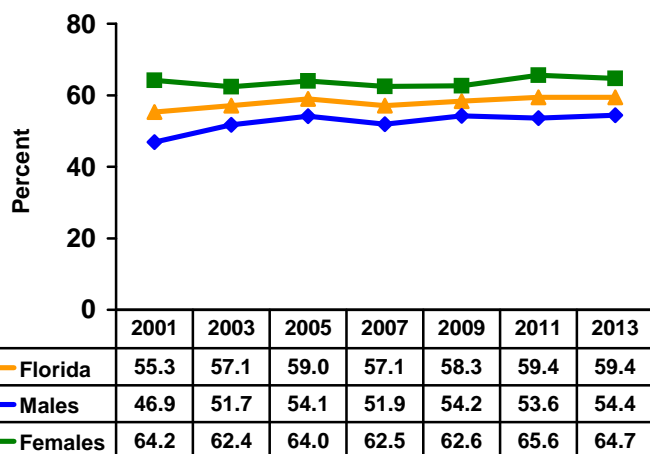
Were trying to lose weight

In 2013, approximately 343,200 students (43.6%) were trying to lose weight. This prevalence did not change significantly from 2001 to 2013. Females were significantly more likely to try to lose weight than males. In addition, weight loss behaviors increased 10.3% among females from 2009 to 2013.



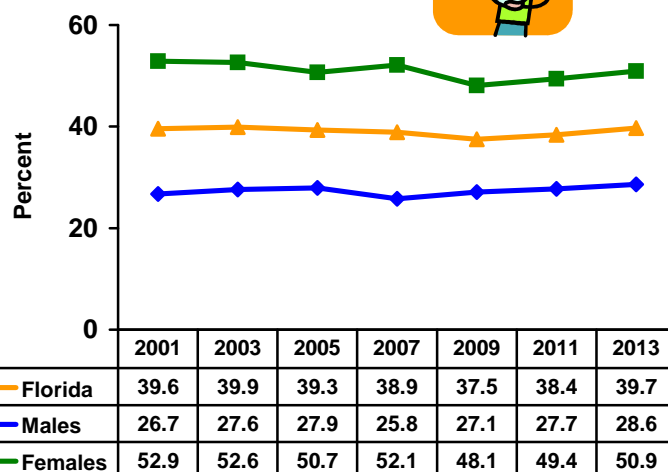
Exercised to lose weight or avoid gaining weight

In 2013, approximately 460,500 students (59.4%) exercised to lose weight or to avoid gaining weight during the past 30 days. This prevalence increased significantly from 2001 to 2013. Females were consistently significantly more likely to exercise for weight control than males.



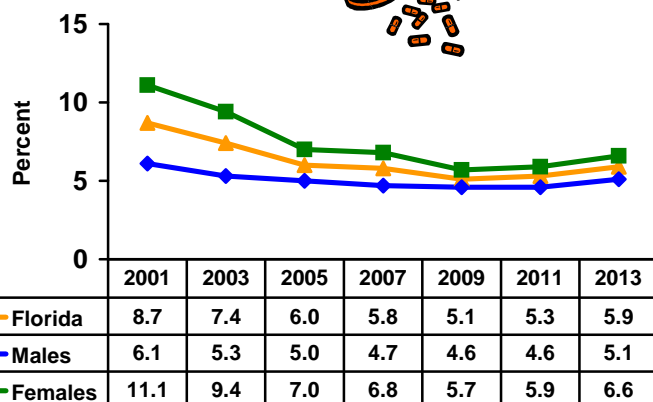
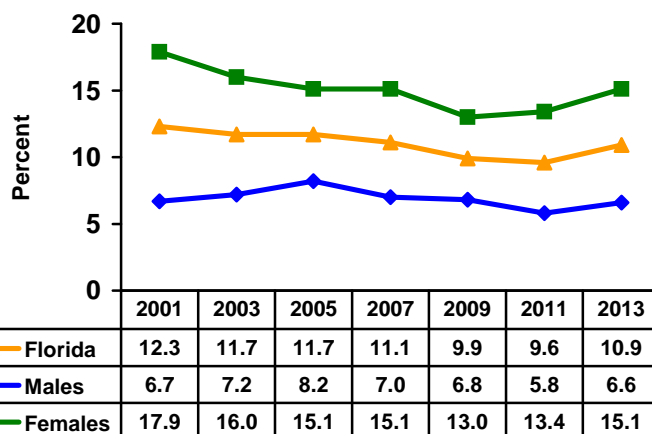
Ate less food, fewer calories, or foods low in fat to lose weight or avoid gaining weight

In 2013, approximately 307,400 students (39.7%) ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2013. Females consistently were significantly more likely to eat less for weight control than males.



Went without eating for 24 or more hours to lose weight or avoid gaining weight

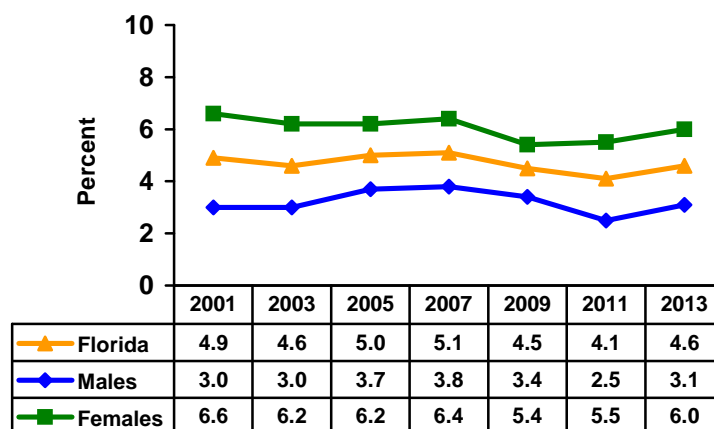
In 2013, approximately 85,800 students (10.9%) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2013. Females were consistently significantly more likely to go without eating for 24 hours or more than males.

**Took diet pills, powders, or liquids to lose weight or avoid gaining weight**

In 2013, approximately 46,700 students (5.9%) took diet pills, powders, or liquids without a doctor's advice to lose weight or to avoid gaining weight during the past 30 days. This prevalence decreased significantly by 32.2% from 2001 to 2013. Females had a significantly higher prevalence of this behavior than males from 2001 to 2007, but not from 2009 to 2013.

Vomited or took laxatives to lose weight or avoid gaining weight

In 2013, approximately 36,100 students (4.6%) vomited or took laxatives to lose weight or to avoid gaining weight during the past 30 days. This prevalence did not change significantly from 2001 to 2013. Females consistently were significantly more likely to engage in this behavior than males.



For more information about the YRBS, please contact the Chronic Disease Epidemiology Surveillance and Evaluation Section at (850) 245-4401, by e-mail at ChronicDisease@flhealth.gov, or visit our website at: <http://www.floridahealth.gov/reports-and-data/survey-data/youth-risk-behavior-survey/index.html>. For an interactive database of YRBS data, visit the CDC's YRBS web site at: www.cdc.gov/yrbs. This document was developed by the Bureau of Epidemiology for the Florida Department of Education's Office of Healthy Schools in cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number 1U87PS004277-01.